**Introduction to Motivational Interviewing**

Introductory to Key Motivational Interviewing (MI) concepts. MI is a collaborative conversation style for strengthening a person’s own motivation and commitment to change.

In this 6-hour instructor-led workshop, participants will take part via a live webinar format (Zoom), watch videos, and engage in experiential exercises.

Training Objectives

In this Introduction to Key Motivational Interviewing (MI) Concepts, participants will:

• Learn when to use Motivational Interviewing or be in equipoise

• Receive a customized document that can be used when working in equipoise

• Learn the foundational skills of MI

• Explore the balance between the technical and relational components of the evoking process

• Learn how ambivalence impacts behaviour change and how to navigate through ambivalence using Motivational Interviewing

• Learn the difference between sustain talk and discord and how to navigate through both

• Be introduced to the Four processes of MI

• Be introduced to the Micro-skills (open questions, affirmations, reflections and summaries) and how they are purposefully used in MI

Participants will receive written materials 1 week prior to the training.

Cost

$160

Date and Time

May 6 // 9:00-12:00 & 1:00 -4 Eastern Standard Time (EST)

Trainers for this course: Roxanne Sawatzky and Trudy-Lyn Wittig